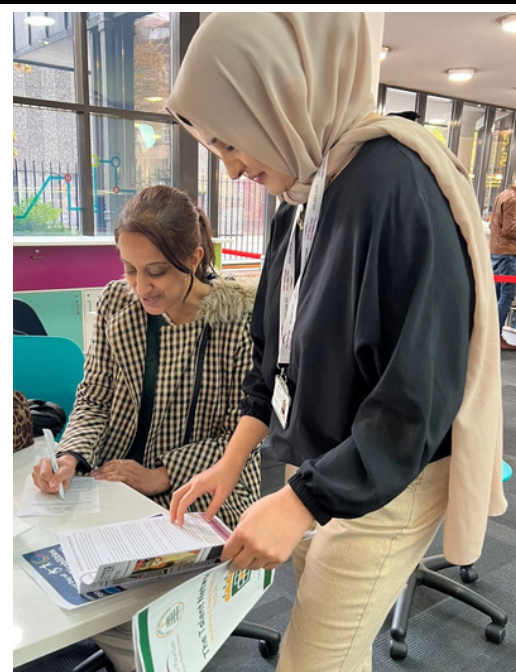


One Place East  
Where disability matters

# NEWSLETTER

JANUARY 2024



## Goodbye 2023, Hello 2024..

From Creative workshops, Chordless Choir performances, a Royal visit from the King and the Disability Festival, 2023 was filled with some amazing moments.

2024 looks set to be an equally exciting year, with new projects and services, a few new staff members and more events, training and workshops than you would ever believe.

We wanted to take this opportunity to say thank you to every single person who supports us, whether its sharing our social media posts, coming along to an event, donating or just spreading the word of what we are trying to achieve – thank you. Here's to a Happy and Healthy 2024!

## Inside:

Let's Talk in BSL – Page 2

Access Card – Page 3

Meet our Befriending & Volunteer Coordinator – Page 4

AGM – Page 7

Time to Talk Day 2024 – Page 9

& much more..

# LET'S TALK! IN BSL

LEARN HOW TO  
FINGER SPELL A-Z

**Sign up to learn BSL and join us for practice sessions.**

To kick off 2024 we are pleased to announce an exciting new opportunity for all our staff and people who use our services..

We will be offering everyone the chance to sign up to access an Introduction to British Sign Language course. The course costs just £3 and offers participants a great chance to learn some basic BSL and find out more about the Deaf Community and Culture.

In order to support our learning we will also be running a BSL practice group. Come along and spend time with Erica, Margaret and/or Shameela who will be taking it in turns to help reinforce learning from the online lessons each week. We are planning 10 sessions where staff and members can come together to practice what they have learned.

Our first group will take place on February 20th from 10am - 11am and will take place fortnightly thereafter.

We will reimburse the cost of the course for anyone who subscribes and attends the group, and will offer a very warm welcome to members of the Deaf community able to join us for these sessions.

To sign up please visit [www.british-sign.co.uk](http://www.british-sign.co.uk), or contact the office for support with this on 020 8925 2435.

## LET'S TALK! IN BSL

LEARN HOW TO  
FINGER SPELL A-Z

**Sign up to learn BSL and join us for  
10 fortnightly practice sessions with:**



MARGARET



ERICA



ANOTHER OPE MEMBER

We are offering all staff and members the chance to complete an introductory BSL course via:  
<https://www.british-sign.co.uk/learn-online-british-sign-language-course/>

You can sign up for the course and reclaim monies spent

<b>FIRST MEETING</b> 20TH FEBRUARY 2024 10A.M.-11A.M. 2ND FLOOR, ILFORD CHAMBERS, 11 CHAPEL ROAD, ILFORD IG1 2DR	<b>CONTACT THE OFFICE</b> 020 8925 2435
--	--



*Scan me*



**Have you got your Access Card?** Get your access requirements recognised at thousands of events, attractions, venues, and locations across the UK and beyond.



### What is an Access Card?

The physical card acts as a photo ID that can be used to easily communicate your access requirements to events and venues, so that the venues can provide accessibility to the needs of their visitors. It also works online with other platforms like ticketing systems, to unlock the access facilities you need.

The card shows a photo ID and translates a persons disability or impairment into symbols, effectively highlighting the barriers they face and the reasonable adjustments they might need.

The Access Card app provides you with a personalised directory of venues, with first-class accessibility information to help you plan your trips.

To pay just £15 for 3 years and apply for an Access Card please visit: [www.accesscard.online](http://www.accesscard.online)

Alternatively, the One Place East Tech Assistance Project can support you to apply. You can contact TAP on 020 8925 2435 or via email at: [owais.niaz@oneplaceeast.org](mailto:owais.niaz@oneplaceeast.org)



## Tech Assistance Project: Tech Drop-In Saturday 27 January 2024 10.00am-2.30pm

Come along to our next Tech Drop-in on Saturday 27 January 2024 for support with all of your digital needs.

The drop in takes place at our offices in Ilford Chambers from 10.00am-2.30pm.

For more information or to attend please contact Owais or Carol on:

**07737 170 210 | [owais.niaz@oneplaceeast.org](mailto:owais.niaz@oneplaceeast.org)**  
**07814 205 741 | [carol.gardner@oneplaceeast.org](mailto:carol.gardner@oneplaceeast.org)**

In case you missed it in our last newsletter, you can now find our Tech Assistance Project at Redbridge Central Library every Tuesday from 11am-1pm. Pop down to find out more about what support Tap, or any other One Place East service could offer you.



One Place East  
Where disability matters

Funded by



## Tech Assistance Project Tech Drop-In



**Saturday 27th of January 2024  
10.00am to 2.30pm**

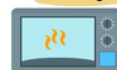


Do you need help with Technology, such as computers, phones and tablets?

Do you want to know about assistive technology and adaptive equipment, like talking microwaves and Alexa?



dinner is ready!!



**One Place East Office  
2nd Floor, Ilford Chambers,  
11 Chapel Road, Ilford IG1 2DR**



Please let us know you are coming :  
**07377 170 210**  
**[owais.niaz@oneplaceeast.org](mailto:owais.niaz@oneplaceeast.org)**  
**07814 205 741**  
**[carol.gardner@oneplaceeast.org](mailto:carol.gardner@oneplaceeast.org)**

Registered Office: One Place East, 2nd Floor, Ilford Chambers, 11 Chapel Road, Ilford, Essex, IG1 2DR  
Registered Charity No: 1065770 - Company Limited by Guarantee No: 3115971

## Meet our Befriending & Volunteer Coordinator **DAVID REGAN**



*Hello all! My name is David and I have recently joined One Place East as the Befriending and Volunteering Coordinator.*

*I have worked in the social care sector for the past twenty years. However, I actually started my adult career working in theatre and television having been to the Guildhall School of Music and Drama.*

*I have previously worked with a number of charities, supporting people with their mental health and wellbeing, addictions, homelessness and housing. Most recently, I worked for Mind in Thurrock and Brentwood.*

*I have worked both frontline and at management level and am looking forward to recruiting new volunteers to the organisation, as well as supporting our current volunteers in their various roles.*

*As someone who has 'lived experience', I aim to treat people as I would want to be treated. I hope that everyone finds me approachable and am happy to listen to anyone who needs to offload.*

*I enjoy going to the theatre, concerts and events, as well as travelling and exploring the countryside. I also have a passion for all things vintage and can often be found rummaging through antique shops at the weekend.*

*I very much look forward to meeting everyone. If you're in the office, do come and say hello!*

**If you are interested in volunteering you can contact David on:**



**020 8925 2435**



**07950 586 575**



**david.regan@oneplaceeast.org**



# Volunteers Needed!

One Place East exists to enable disabled people and those with health conditions in Redbridge and across East London to have choices and improved lives

## **We currently have a variety of roles available**

Befriending . Events Support . Group Leader  
Administration . Tech Assistance . Creative  
Peer Support . Good Neighbour Scheme

## **Why not give something back?**

### **Interested?**

**Call:** 020 8925 2435 for a chat

**Email:** [info@oneplaceeast.org](mailto:info@oneplaceeast.org)

**Visit:** [www.oneplaceeast.org](http://www.oneplaceeast.org)



**One Place East**  
Where disability matters



# healthwatch Redbridge **Help us to improve health care in Redbridge**

- When accessing local health services; do you sometimes think you are not being treated fairly?
- Would you like to share your thoughts or concerns about accessing health services?

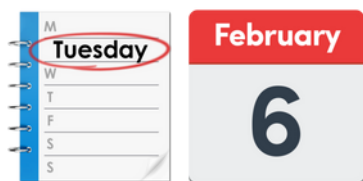
Healthwatch Redbridge is interested in talking to people about their experiences of using local Doctors surgeries and Hospitals.



We will be holding a meeting at One Place East to listen to your views.



One Place East Meeting Room  
Ilford Chambers



Tuesday 6th February 2024



2pm to 4pm



Refreshments will be available.



For more information or to book your place, please contact Carol at One Place East on 020 8925 2435 or 0781 420 5741

# One Place East: Annual General Meeting - held on 11 January 2024



An Annual General Meeting (AGM), is an annual gathering that gives all members of an organisation a chance to come together, look back over the last year's performance and help plan for the year ahead. These meetings can often feel very formal as board members get elected or re-elected and they are also used as a chance to discuss important matters such as finance and the way forward for an organisation.

January 11 marked One Place East's AGM and we were pleased that so many people who use our services, trustees and community partners were present for the occasion. We were particularly pleased to welcome Local Labour Councillor Mark Santos. Michelle Crouch our Chairperson led the event and various new and existing trustees were confirmed in place for the year ahead including, Jenny Brock, Lisa Cain and Stephanie Tatum.

We were all delighted to watch a film edited by Isaac Harvey MBE giving an overview of One Place East's year 2022/23. We have lots to feel proud of as an organisation, 2022-2023 was the year we came out of the pandemic, moved offices, which was critical to our financial security, and supported our community with literally dozens of fantastic opportunities.

The evening felt not just like a meeting but a celebration of us all coming together to shape the future of the organisation. Mark Santos offered the opportunity to ask questions about issues that were close to their hearts and reflected concerns on topics such as access to spaces for wheelchair users, long waiting lists and delays for people needing to access mental health services. As Chair for the Health and Wellbeing Board, Mark is well placed to take back comments and wants to work our community to bring about positive change.



Finally, the evening offered us a chance to share our Annual Report for 2022- 2023, which was fantastically put together by Erica Miles.

You can download the report on our website at [www.tinyurl.com/opeatannualreport](http://www.tinyurl.com/opeatannualreport)

# SCAN ME





## ONE PLACE EAST FOR CHANGE

We know that by those who use One Place East services coming together, we can do more to improve the lives of Deaf and Disabled people in Redbridge and beyond in 2024.

On 20 February we are going to come together to agree how and what we can do to improve the lives of Deaf and Disabled people and those with long term health conditions.

One Place East for Change will have an informal early lunch at 11.30-12.30 and at 1pm we will focus on how we want to plan the year ahead and agree our campaign priorities.

If you are free why not come along and get involved. There are lots of things you can do to make a difference in your community, so, whether it is signing a petition, telling your story in the newsletter, supporting another DDPO with their campaign or contacting your local councillor or MP and letting them know more about your experience.

Come and have something to eat, a chat and then lets agree how we will prioritise the things we want to do over the next year. Join us on:



**Tuesday 20 February 2024 at OPE Offices**  
**Lunch: 11.30am-12.30pm**  
**Informal Discussion: 1.00-2.00pm**

## Can't wait? We have lots of suggestions how you can have your say today:



### Let's Talk Redbridge - Budget 2024/25

Let Redbridge Council know what your priorities are for spending for the next year.

[engage.redbridge.gov.uk/budget-survey](https://engage.redbridge.gov.uk/budget-survey)



### Let's Talk Redbridge - Health & Wellbeing Strategy

Have your say on the draft Health & Wellbeing Strategy.

[engage.redbridge.gov.uk/hws-consultation](https://engage.redbridge.gov.uk/hws-consultation)





## Petition to reinstate the Disability Cost of Living Payment

Thanks to Andrew Longhurst for drawing our attention to this. A cost of living payment previously received by people in June and July 2023 was not paid in

October. The government has dropped payments to certain disabled people including some on Personal Independent Payments (PIP). A petition highlighting the situation was started by Thomas Howard on Change.org.

### Four Step Plan

#### Overview

#### + Representation and Voice

We want Disabled people to participate across all political and public roles, with the required adjustments put in place, so we can achieve real justice and equality.

#### + Rights

We want to fully enjoy all rights guaranteed by the United Nations Convention on the Rights of Persons with Disabilities (UNCPRD). Discrimination we face in all areas of life must stop.

#### + Independence

We want the right to live independently with choice and control over the support we get.

#### + Inclusion

We want plans for every aspect of life to address specific needs of Disabled people from the outset.



## And Finally.... Why not sign a petition supporting a Disabled People's Manifesto

In this election year the DPO Forum are asking all local MPs to pledge their support for a Disabled People's Manifesto that outlines a four step plan that supports inclusion of disabled people in political and public life and advance equality for all:

To find out more and for easy read versions of the Manifesto: [www.disabledpeoplesmanifesto.com](http://www.disabledpeoplesmanifesto.com)

# "NoT TooOO BAD"

SOMETIMES MEANS WE'RE HIDING  
HOW WE REALLY FEEL

JOIN US THIS  
TIME TO TALK DAY

Thursday 1 February  
2024

12:30pm-2:30pm

Tea & Talk

An opportunity to meet others, share  
experiences and support one another

One Place East, Ilford Chambers, 11 Chapel Road,  
Ilford, Essex, IG1 2DR

Time to Talk Day is the perfect opportunity  
to start a conversation about mental health

One Place East  
Where disability matters

time to  
talk day  
01/02/24



#TimeToTalk



## One Place East host Tea & Talk to celebrate Time to Talk Day on Thursday 1 February 2024

**Join us to have a conversation about mental health this Time to Talk Day.**

Time to Talk Day is run by Mind and Rethink Mental Illness in England, in partnership with Co-op.

The day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health. We all have mental health and by talking about it we can support ourselves and others.

Join us on Thursday 1 February from 12.30-2.30pm to have a conversation about mental health.

You can just pop in, but if possible please book by calling 020 8925 2435 or emailing [runup@oneplaceeast.org](mailto:runup@oneplaceeast.org).



## Create to Market, a Creative Enterprise - funded by Colours of Redbridge

A new year, brings a start to a new One Place East project, 'Create to Market', under our One Place Creative brand.

We want to showcase the talent of Disabled People, so if you are a maker, creator or budding entrepreneur, then this is the project for you.

Our 10 week creative enterprise programme will run every Thursday, between 15th February and 2nd May 2024 and there will be an opportunity to sell your creations at a Market Stall.

**Please find our project programme attached with this newsletter.**



## Are you eligible for a Blue Light Card?

Blue Light Card provides those in the NHS, emergency services, social care sector and armed forces with discounts online and in-store. Blue Light Card also works with small and large companies across the UK to get involved in supporting the Blue Light community through offering our members discounts through Blue Light Card.

Check if you are eligible and apply online at a cost of £4.99 for 2 years here: [www.bluelightcard.co.uk](http://www.bluelightcard.co.uk). If you need support to apply please contact our OPE Tech Assistance Project on 020 8925 2435.



## Upcoming events for The Talent Network

### STILL Method Public Speaking Masterclass Tuesday 13th February 2024 | 1.30pm – 4.30pm

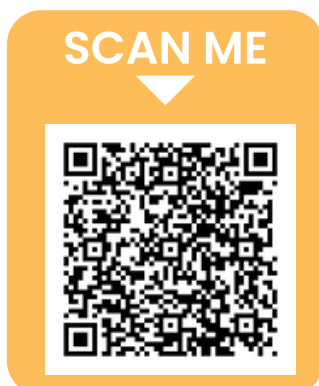
This Talent Network event will be led by Stuart Thompson – Therapist, Trainer and Inspirational Speaker and will cover:

- Dive deep into the art of turning anxiety into captivating stories
- Strategies to exude true confidence
- Harness your super powers to keep your audience engaged

### CV Building Workshop Wednesday 21st February 2024 | 1.30pm – 4.30pm

At the end of this session, you will have key tips, tricks and secrets for writing a winning CV. You will have a better understanding of what employers are looking for, and tools to secure the job you want.

For more information or to book please visit [tinyurl.com/thetalentnetwork](http://tinyurl.com/thetalentnetwork) or contact the OPE office on 020 8925 2435 | [info@oneplaceeast.org](mailto:info@oneplaceeast.org)





# DATES FOR YOUR DIARY

What's going on in Redbridge & beyond



Are you a community or voluntary organisation wanting to encourage more people to come along to your group or activity? Dates for the diary is a chance for us to list events taking place in Redbridge, further afield or even online that we think our members will enjoy.

We know that taking the plunge and joining in for the first time can be hard so once or twice a month we will try and support our members to access something for the first time, knowing that a volunteer or staff member from One Place East will also be going along.

If you are running a group or an activity that you think our service users would enjoy let us know. We can feature details here and provide support for our service users to attend something new.



## Manage your Money Workshop Friday 2 February 2024 Lab Central at Redbridge Central Library, Ilford

Get smart with your money. Learn tips and tricks to save money whilst efficiently managing your budget. Run by Redbridge Institute of Adult Education, it is free to attend. To book your place, email: [MultiplyProject@redbridge-iae-ac.uk](mailto:MultiplyProject@redbridge-iae-ac.uk)



## One Place East go to the Theatre The Little Big Things @ Soho Place Wednesday 21 February 2024

We are arranging a trip to the theatre to see the amazingly reviewed 'The Little Big Things'. If you would like more information on cost and how to join us please contact David on 020 8925 2435 or email [david.regan@oneplaceeast.org](mailto:david.regan@oneplaceeast.org)



## Disability Festival in the Park Wednesday 17 July 2024 Christchurch Green, Wanstead

The annual Disability Festival in the park will take place a month earlier than usual for 2024. Make sure you put the date in your diary now, to ensure you do not miss what is set to be an amazing day.

Planning is already underway for the day, if you would like to be a part of the planning group please get in touch on 020 8925 2435 | [info@oneplaceeast.org](mailto:info@oneplaceeast.org)



# Calming the Mind & Body

with Sue Morgan

3pm - 5pm Saturday 24 February 2024

## Somatic Practice Wellbeing Session

This session will take you through the basics of the biological and emotional impact stress has on the mind and body, to help you to recognise, track and relieve your body's stress response.

You will be guided through mindful somatic self-regulation techniques to reduce stress, calm your mind and soothe your nervous system. This session will take place on Zoom and will also provide you with some practical tools to take away and use for yourself.

Suitable for anyone suffering from overwhelm, anxiety, depression, PTSD or just wanting to fully relax, unwind and connect with yourself and others.

To book your FREE online place please click on the link : [tinyurl.com/OPECMB2024](https://tinyurl.com/OPECMB2024)

Phone: 020 8925 2435 Mobile: 07939 975763 or Email: [runup@oneplaceeast.org](mailto:runup@oneplaceeast.org)



SCAN ME

## One Place East Talking Newsletter



We now provide our newsletters in audio format, with our One Place East Talking Newsletter. This can be found on our website [www.oneplaceeast.org](http://www.oneplaceeast.org) or on Spotify, Amazon music or Apple Podcasts.

For support with accessing this please contact the office on:  
020 8925 2435 or [info@oneplaceeast.org](mailto:info@oneplaceeast.org)



## Save Paper and Save Trees

If you would instead like to receive our newsletter via email and help us save on printing and postage costs, whilst also saving our planet please contact Jodie on:

Office: 020 8925 2435 | Mobile: 07944 119 899 | Email: [jodie.roast@oneplaceeast.org](mailto:jodie.roast@oneplaceeast.org)



THE INMAN CHARITY



Funded through the Civil Society Roots programme

MAYOR OF LONDON



North East London



Registered office: One Place East Ltd - Registered Charity No: 1065770 | Company Limited by Guarantee No: 3115971